



Abundance Mindset

Introduction

I'd love to introduce you to the concept of Money Mindset / Abundance Mindset.

"What you appreciate, appreciates!"

Abundance Mindset - Money is energy, and we put so much weight on money because of its association with our survival, security, and safety. The energy of abundance is expanded self-worth; the higher your self-worth, the more money you will feel worthy of calling in. It's also important to note that subconscious self-worth is the law of attraction and that you manifest from your subconscious beliefs, not your thoughts. Money flows based on the structure of beliefs you grew up with (these are imprinted in your subconscious), how much you have shown your subconscious that you can expand beyond these limiting beliefs, and what your level of subconscious self-worth is. Childhood is where your subconscious belief system is created, and where you pick up the money stories that loop in your subconscious mind and project outwards. Because the subconscious of a child doesn't understand context, and thinks in black and white, you imprint everything you witness or experience during this time - pain, shame, programming, etc. This can come from family patterns, media, peers, teachers, community, etc. This is what determines absolutely everything you're manifesting - wanted or unwanted. Everything we witnessed, felt, heard, and experienced impacts our lives in the present. So, in order to uplevel your relationship with money, you must first uncover the programming around finances that you picked up in childhood.

- Make a DECLARATION about the near future pertaining to your life. ie. What do you want?
- Choose an affirmation below to repeat 22x a day for the next 14 days
- Catch any negative narrative/story that was given to you by your family and write it down immediately. Cross it out and replace it with your chosen affirmation.

Affirmations —> choose one and say it with conviction 22x a day for the two weeks

1. Wealth floats around me daily.
2. Everyday I am becoming richer and richer
3. Money comes to me easily and effortlessly.
4. Wealth constantly flows into my life.
5. My actions create constant wealth, prosperity, and abundance.
6. I am aligned with the energy of wealth and abundance.
7. I am a magnet for money.
8. Prosperity is drawn to me.
9. I have a wealth mind.
10. I'm open and receptive to all the wealth life offers me.
11. I am wealthy.
12. I always have more than enough money.
13. I attract money to me.
14. I feel generous and abundant
15. Wealth is pouring into my life.
16. Large amounts of money are coming to me in ever increasing amounts.
17. I am grateful for everything that I receive.
18. Today I am attracting wealth, abundance, and wellbeing.
19. My wallet and bank balance is overflowing with money.
20. My wealth shines from within me.
21. I create an avalanche of financial abundance, and I give back in amazing ways.
22. I release every block that held me back from receiving prosperity.
23. Wealth flows to me from all directions.
24. I'm financially abundant, and money comes to me naturally.
25. I allow myself to be drenched with financial abundance always, and I generously share my wealth.
26. Riches flow through me like waves in the ocean and come back again.
27. I only think thoughts of wealth and abundance.
28. I am a wealthy entrepreneur who is living life on my own terms.
29. I radiate wealth, abundance, and prosperity.
30. My riches are forever increasing as I give more of myself in service to the world.

Which affirmation are you choosing? *

Journaling questions

a) What did you hear about money growing up? *

b) What was modelled regarding money aka what did you see? *

c) Were there any specific incidents that you remember from your youth around money? *

d) What was money used for growing up? *

e) What type of shame surrounds money for you? *

f) What age/ memory did you become aware that such a thing as money existed? *

g) What does money represent for you today? Why do you long for it? *

h) What new blueprint do you want to create for yourself, your family and your future? *